

Responding to Donor Objections

Simple statements to reassure hesitant donors.

- 🔴 **No one ever asked me to donate:** Please consider this your personal invitation. Your one whole blood donation has the potential to help save the lives of as many as three patients.
- 🔴 **I'm too young or too old:** Donors need to be at least 16 years old to donate (16 and 17 year old donors need a completed Inland Northwest Blood Center (INBC) *Minor Donor Consent* form). There is no upper age limit for donation.
- 🔴 **My iron is low or I've been told I'm anemic:** During a mini-physical prior to donation, your hemoglobin (iron) level will be checked. If it is within INBC's guidelines, you can donate blood.
- 🔴 **I already gave this year:** You are able to donate more than once a year. The following are the criteria for donating specific blood products.
 - Whole blood every 56 days (8 weeks), up to 6 times per year.
 - Double red blood cells every 112 days (16 weeks), up to 3 times per year.
 - Platelets and plasma every 28 days (4 weeks), up to 24 times per year.
- 🔴 **It will take too much time to give blood:** The donation of whole blood takes about 5-10 minutes; the entire visit takes approximately 45 minutes to one hour. Donating double red blood cells is only about 20 minutes longer in the chair, but is essentially two donations in one visit. Platelet donation can take up to an additional hour and a half.
- 🔴 **I'm worried about receiving a positive test result:** If you are healthy and do not engage in high-risk behavior, the possibility of having a positive disease test is very small. All test results are highly confidential.
- 🔴 **I have high blood pressure:** If your blood pressure is within INBC's guidelines you can donate blood, even if you are on high blood pressure medication.
- 🔴 **I don't weigh enough:** Donors need to be at least 110 pounds (16 and 17 year old donors must weigh at least 120 pounds and be at least 5'4" tall). For double red blood cell donations, male donors need to be at least 130 pounds and at least 5'1" tall (16 and 17 year olds must be at least 130 pounds and at least 5'4" tall) and female double red blood cell donors need to be at least 150 pounds and 5'5" tall (ages 16 and older).
- 🔴 **I'm nervous about giving blood:** That's normal. Almost everyone feels that way the first time. Once you realize how easy it is, you'll wonder why you waited so long.
- 🔴 **I don't have enough blood to give:** The average adult has 10-12 pints of blood. Your body replaces the fluid portion of your blood within several hours of donating. When donating double red blood cells only the red blood cells from the blood are collected and the other components (platelets & plasma) along with a saline solution are returned safely to the donor many donors actually feel more hydrated when they leave.
- 🔴 **I have diabetes:** If your condition is well-controlled, you are able to donate regardless of medication or insulin use.
- 🔴 **Is donating safe?:** The process of donating blood and blood products is very safe. All equipment is new and sterile and disposed of after each use; there is no danger of cross contamination. The phlebotomists handling the donation are highly trained and skilled.
- 🔴 **You don't need my blood:** All blood types are needed every day for patients in our region. The most rare blood type is the one that is not on the shelf!

